

# August 2011 - Urbana Senior Center Activities

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa)  
 9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 8:30-4</i>	<i>Tuesdays 8:30-4</i>	<i>Wednesdays 8:30-4</i>	<i>Thursdays 8:30-4</i>	<i>Fridays - Closed</i>
<b>1</b> 10:00 Knitting Group 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	<b>2</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	<b>3</b> Center is Closed  <p style="text-align: center;"><b>Picnic Rocky Ridge Park</b></p>	<b>4</b> 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	<b>5</b> Center is Closed  1:00 *Y Fitness Club
<b>8</b> 10:00 Knitting Group <b>10:00 Blood Pressure</b> 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	<b>9</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	<b>10</b> 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	<b>11</b> <b>9:30 Men's Discussion Group</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	<b>12</b> Center is Closed  1:00 *Y Fitness Club  <p style="text-align: center;"><b>Mt. Vernon Trip</b></p>
<b>15</b> 10:00 Knitting Group 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	<b>16</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	<b>17</b> 10:00 Bridge 11:00 Exercise to Video <b>11:30 Blood Pressure</b> <b>Noon *Omelet Bar/Nurse Steve</b> 1:00 Wii Bowling 1:00 *Y Fitness Club	<b>18</b> 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	<b>19</b> Center is Closed  1:00 *Y Fitness Club
<b>22</b> 10:00 Knitting Group <b>10:00 Blood Pressure</b> 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	<b>23</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	<b>24</b> 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	<b>25</b> <b>9:30 Men's Discussion Group</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	<b>26</b> Center is Closed  1:00 *Y Fitness Club  <p style="text-align: center;"><b>Tour Frederick Trip</b></p>
<b>29</b> 10:00 Knitting Group 11:00 Exercise to Video <b>1:00 Armchair Travelers</b> 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	<b>30</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub	<b>31</b> 10:00 Bridge 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	<b>Sept. 1</b> 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	<b>Sept. 2</b> Center is Closed  1:00 *Y Fitness Club